
Parkinson's Disease Sleep Scale (PDSS)

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Purpose As sleep disturbances affect the majority of individuals with Parkinson's disease, Chaudhuri and colleagues created an instrument to evaluate sleep quality in this patient population. The 15-item scale assesses sleep onset and maintenance, restlessness, nightmares and hallucinations, nocturia, motor symptoms, refreshment, and daytime sleepiness.

Population for Testing The scale has been validated with Parkinson's patients aged 38–89 years.

Administration Requires approximately 5 min for completion. The instrument is a self-report, pencil-and-paper measure, though caregivers may also respond as proxies.

Reliability and Validity The developers [1] completed a psychometric evaluation of the instrument and found a test-retest reliability of .94. Additionally, patients diagnosed with more advanced stages of the disease receive significantly lower scores on the scale than those in early stages (indicating more acute sleep disturbances).

Obtaining a Copy A copy can be found in the original article published by developers [1].

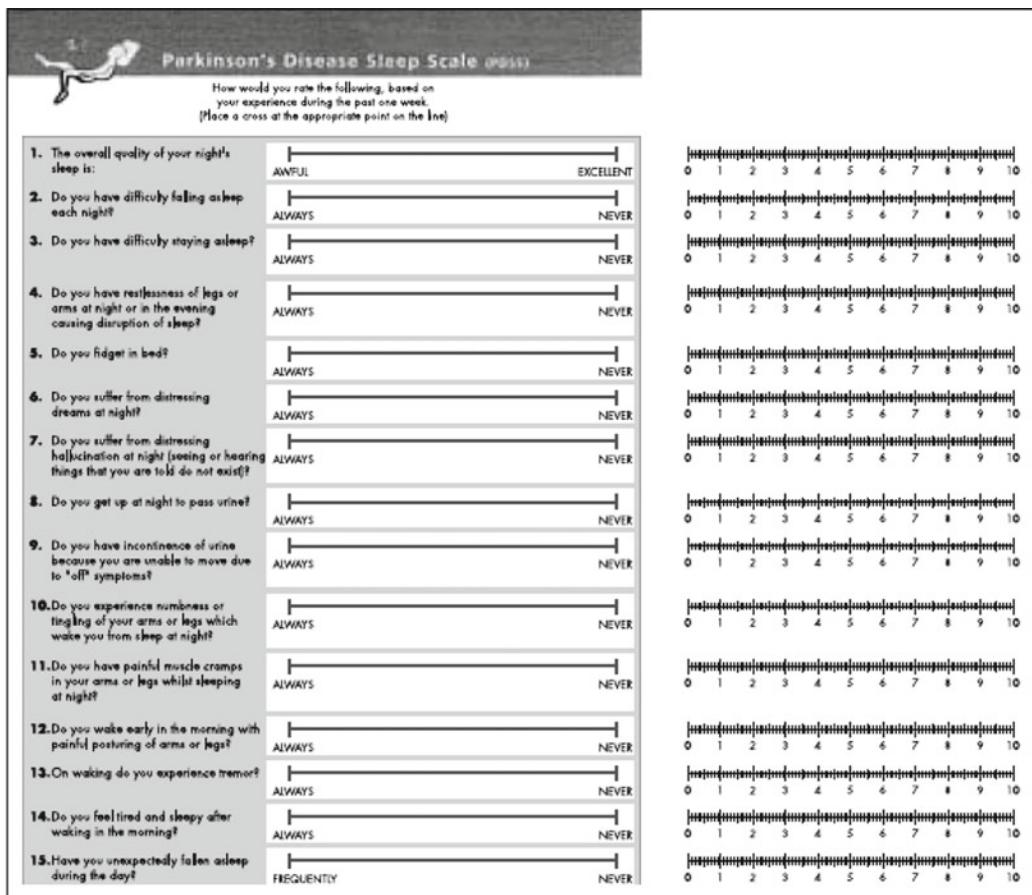
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Scoring The instrument uses a visual analogue scale – a 100-mm line extending between two extremes on which respondents place marks meant to represent their experiences with sleep. Scores are found by measuring the distance, to the closest 0.1 cm, between the start of the line and the respondent's mark. Lower scores indicate that sleep issues are “always” present and that sleep quality is “awful,” while higher scores mean that sleep difficulties are “never” present. As results are converted to centimeters, total scores can range from 0 to 150. However, individuals responding to visual analogue scales are often reluctant to make use of the highest and lowest extremes. Developers suggest that items 1, 3, 14, and 15 may be particularly important for identifying individuals who require further screening.



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Reference

- Chaudhuri, K. R., Pal, S., DiMarco, A., Whately-Smith, S., Bridgman, K., Mathew, R., Pezzella, F. R., Forbes, A., Högl, B., & Trenkwalder, C. (2002). The Parkinson's disease sleep scale: a new instrument for assessing sleep and nocturnal disability in Parkinson's disease. *Journal of Neurology, Neurosurgery, & Psychiatry*, 73(6), 629–635.
- Hjort, N., Ostergaard, K., & Dupont, E. (2004). Improvement of sleep quality in patients with advanced Parkinson's disease treated with deep brain stimulation of the subthalamic nucleus. *Movement Disorders*, 19(2), 196–199.

Representative Studies Using Scale

- Dhawan, V., Dhoat, S., Williams, A., DiMarco, A., Pal, S., Forbes, A., Tobias, A., Martinez-Martin, P., & Ray, C. K. (2006). The range and nature of sleep dysfunction in

untreated Parkinson's disease (PD). A comparative controlled clinical study using the Parkinson's disease sleep scale and selective polysomnography. *Journal of Neurological Sciences*, 248(1–2), 158–162.